

KICKBOXING AEROBICS

Days: Tues & Thurs
Time: 5:00pm - 6:00pm
Ages: 35+



JOIN US FOR A FULL BODY WORKOUT! OUR STAFF WILL LEAD YOU IN A EXERCISE FOR ALL LEVELS AND AGES GROUPS, DROP IN AND GET READY TO SWEAT.



Days: Mon - Thurs
Time: 4:45pm - 7pm
Ages: 5 - 16 years old

YOUTH SOCCER

Participants will learn soccer skills while having fun and learning the sport!

*Practice times and games will vary by age division.



Come Join us every Monday for 5-a-side futsal inside our gymnasium. Experience a different type of soccer that is more fast paced and will help you develop

Days: Mon
Time: 6pm - 8:30pm
Ages: 14+ years old

Open-play Futsal



**SIGN - UP AT
SDRECCONNECT.COM**

Spring 24' Programs

HOURS OF OPERATION

MONDAY - THURSDAY 12PM-9PM

FRIDAY 12PM-8PM

SATURDAY - SUNDAY 9AM-5PM

HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Arts & Crafts

Days: Wednesday & Fridays

Time: 3:30pm - 6:00pm

Ages: 5 - 15 years old



Participants will create take home projects that will serve a lifetime of memories while learning valuable crafting skills.

YOUTH VOLLEYBALL



PARTICIPANTS WILL LEARN
VOLLEYBALL SKILLS WHILE

HAVING FUN AND LEARNING THE SPORT

DAYS: FRIDAY *PRACTICE

TIME: 5:30PM - 7PM TIMES AND GAMES WILL

AGES: 12 - 16 YEARS OLD VARY BY AGE DIVISION.